

# WEEK FIVE

## Education Topic: Four Pillars of Health

### Nutrition

Low carb, healthy fat  
Reduce inflammation

### Movement

Move well  
Move frequently

### Sleep

Recovery time  
Quality over quantity

### Stress

Recognise stressors  
Can be like a magnifying glass for pain

## Resources:

### Nutritionist

Christine Cronau  
Email: [admin@christinecronau.com](mailto:admin@christinecronau.com)

### General Practitioner

Dr Jackie Montefiore  
Sante Medical  
Ph 3554 0312

### Websites

[www.Dietdoctor.com](http://www.Dietdoctor.com)  
[www.thefastingmethod.com](http://www.thefastingmethod.com)

Disclaimer: If your sleep or stress affects your ability to engage in daily life, please contact your General Practitioner (GP) to address this.

## Homework

### Continue with:

1. 10 Hip Hinges and Passovers 4-5 times a day
2. Apply the hinge and sit to stand pattern everywhere possible
3. Try to engage in an activity you have avoided e.g., packing the dishwasher, gardening
4. Work on challenging movements:
  - ❖ Wall Angels
  - ❖ Banded Walk
  - ❖ Balancing
  - ❖ Pull Aparts
  - ❖ Calf Raises
  - ❖ Scap Push-ups
  - ❖ Step-ups
  - ❖ Lunges
  - ❖ Squats
  - ❖ Bent Over Row

### Over the weekend:

Set clock for 10 minutes, pick 3 movements, doing 10 reps of each.

### Activity:

Think about your four pillars of health, and choose one to work on or improve.